a switchover device for alternately coupling information shown on said display from said common viewing beam path separately into said first and second component beam paths in synchronism with the presentation of said left and right partial images on said display.

16. The stereoscopic display system of claim 15, wherein said switchover device includes a mirror switchable into and out of said beam path.

17. The stereoscopic display system of claim 15, further comprising a light source for transmitting light along an illuminating beam path toward said display; and, said switchover device including a polarization switch mounted in said illuminating beam path or in said common viewing beam path.

18. The stereoscopic display system of claim 17, further comprising a partially transmitting mirror; polarization filters mounted in corresponding ones of said first and second component beam paths; and, said polarization filters having respective pass-through directions crossed with respect to each other.

19. The stereoscopic display system of claim 17, said second optical arrangement comprising a polarization beam splitter for splitting said common viewing beam path into said first and second component beam paths.

20. The stereoscopic display system of claim 19, said switchover

device including a polarization switch mounted in said common viewing beam path.

21. The stereoscopic display system of claim 15, said second optical arrangement including a transfer optic in one of said separate first and second component beam paths.

22. A stereoscopic display system comprising:

a single display for displaying right and left partial images sequentially in time;

a first optical arrangement for defining a common viewing beam path along which said right and left partial images are transmitted;

a second optical arrangement for receiving said common viewing beam path and defining separate first and second component beam paths for viewing only said left and only said right partial images, respectively; and,

a switchover device including a mirror alternately switchable into and out of said common viewing beam path so as to permit information shown on said display to pass into said first component beam path separately when said mirror is in said common viewing beam path and to pass into said second component beam path separately when said mirror is switched out of said common beam path in synchronism with the presentation of said left and right partial images on said display.

23. The stereoscopic display system of claim 22, further comprising a light source for transmitting light along an

illuminating beam path toward said display; and, said switchover device including a polarization switch mounted in said illuminating beam path or in said common viewing beam path.

24. The stereoscopic display system of claim 23, further comprising a partially transmitting mirror; polarization filters mounted in corresponding ones of said first and second component beam paths; and, said polarization filters having respective pass-through directions crossed with respect to each other.

25. The stereoscopic display system of claim 22, said second optical arrangement including a transfer optic in one of said separate first and second component beam paths.

26. A stereoscopic display system comprising:

a single display for displaying right and left partial images sequentially in time;

a first optical arrangement for defining a common viewing beam path along which said right and left partial images are transmitted;

a second optical arrangement for splitting said common viewing beam path into separate first and second component beam paths for viewing only said left and only said right partial images, respectively;

a switchover device for alternately coupling information shown on said display from said common viewing beam path separately into said first and second component beam paths in synchronism with the presentation of said left and right partial

images on said display; and,

said switchover device including a polarization switch mounted in said illuminating beam path or in said common viewing beam path; and, a polarization beam splitter for splitting said common viewing beam path into said first and second component beam paths.

27. The stereoscopic display system of claim 26, further comprising a light source for transmitting light along an illuminating beam path toward said display.

28. The stereoscopic display system of claim 26, said polarization switch being mounted in said common viewing beam path.

29. The stereoscopic display system of claim 26, further comprising a partially transmitting mirror; polarization filters mounted in corresponding ones of said first and second component beam paths; and, said polarization filters having respective pass-through directions crossed with respect to each other.

30. The stereoscopic display system of claim 26, said second optical arrangement including a transfer optic in one of said separate first and second component beam paths.

31. A viewing system worn by a person on the head, the viewing system comprising:

a head gear which can be worn by a person on the head;

a stereoscopic display system integrated into said head gear and including:

a single display for sequentially displaying right and left partial images;

a first optical arrangement for defining a common viewing beam path along which said right and left partial images are transmitted;

a second optical arrangement for splitting said common viewing beam path into separate first and second component beam paths for viewing only said left and only said right partial images, respectively;

a switchover device for alternately coupling information shown on said display from said common viewing beam path separately into said first and second component beam paths in synchronism with the presentation of said left and right partial images on said display; and,

said switchover device including a polarization switch mounted in said illuminating beam path or in said common viewing beam path; and, a polarization beam splitter for splitting said common viewing beam path into said first and second component beam paths.

32. The viewing system of claim 31, wherein said head gear is a spectacle frame.

33. The viewing system of claim 31, further comprising a light source for transmitting light along an illuminating beam path toward said display; and, said switchover device including a

polarization switch mounted in said illuminating beam path or in said common viewing beam path.

Cancld

34. The viewing system of claim 31, said a polarization switch being mounted in said common viewing beam path.

35. The viewing system of claim 31, further comprising a partially transmitting mirror; polarization filters mounted in corresponding ones of said first and second component beam paths; and, said polarization filters having respective pass-through directions crossed with respect to each other.

36. The viewing system of claim 31, said second optical arrangement including a transfer optic in one of said separate first and second component beam paths.